



PLAN OF THE WEEK



Volume 2, Issue 8

2 March 2000

Command Column

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Executive Officer



TRACEN Yorktown is currently conducting a "distance learning via the Web, Test & Evaluation." Coast Guard delivery of web-based training (WBT) has already been tested in Phase I, which used a USCG Auxiliary course and a live web-based tool called Web4M. Although evaluation of Phase 1 showed excellent results, Phase II is a much more ambitious project designed to *fully* test the concept and software using current Coast Guard instructors and courses, off-the-shelf technology and best practices gleaned from the distance learning community. Each course or seminar will be compared against a resident convening to gather data on training effectiveness, cost, instructor requirements, and user/customer satisfaction. A control group of students with similar demographics to our web students will take the same course in a resident mode. Both groups will receive the same pre- and post-tests and will be surveyed to collect other required data. Data collection will be completed toward the end of March, and a report of the test's findings will be drafted and sent to G-WT by 1 April. Our legal officer, LCDR Lunday, will use MLCLANT developed materials to provide four sessions of ethics training on 23 & 24 March. This is an excellent class to sign up for if you're interested in seeing the technology, but can't attend one of the longer sessions. Contact YN1 Randy Jeffery, x2374 or LCDR Lunday, x2376 (or email), if you are interested in taking ethics training via the web.



Congratulations:

CDR Scott Burhoe (XO) and LT Joseph McConnell (tops) recently participated in two half-marathons. On 5 February, they ran in the "Pomoco Half-marathon." 900 people entered the marathon, which took place in Hampton, VA. On 20 February, they also participated in the "Colonial Half-marathon." 1,200 people entered the marathon, which took place in Williamsburg, VA.

Congratulations cont'd:

CDR Michael Brand and his wife are the proud parents of a baby boy, 6 lbs 14 oz, 19" long, named Cameron Charles, born on 2 March.



Thoughts from Last Week:

--- Thanks to all who participated in the memorial service and funeral for RDCM Arthur Ray. The pallbearers, firing party, bugler, and all other elements of the ceremony were handled flawlessly, and paid tribute to the many contributions of our shipmate and friend.

--- Captain Leber, G-WTT, visited the TRACEN, and was quite impressed by the enthusiasm of the officers, enlisted, and civilian members assigned. He enjoyed his many briefings and the outstanding hospitality.



A Look Ahead:

3 MAR: 0805, MST "A" 02-00 Graduation, Hamilton, Mini-Auditorium, MSTC Hoesli, x2044.

3 MAR: 1130, Chili Cook-Off Grand Finale: Finalists from YOA, CPOA, CGES will compete. Picnic Pavilion (fair) or Port of York (foul).

4 MAR: 0800-1000, CAPT Sande's Welcome & Opening Remarks, USCG Auxiliary Central Area, 5th Southern Region, Workshop (0800-1700), Washington Auditorium, LT Bradley, x2497.

4 MAR: 0830-1600, USCG Auxiliary SAR Course, Hamilton, LT Bradley, x2497.

7-10 MAR: CDAR Training, Hamilton, Rm 324, Lynne Akens, x2204.

16 MAR: 1130-1330, Millennium Joint Services Luncheon, sponsored by Yorktown Officers Spouses Club, Port of York, LT Miller, x2249.

Tricare Tip:

DURABLE MEDICAL EQUIPMENT

All durable medical equipment, such as wheelchairs, respirators, hospital beds, etc. can be cost shared by Tricare. A doctors prescription specifying the exact type of equipment needed and why, and for how long it is required. Equipment for general use, such as air cleaners or whirlpools are not covered. Because this can get complicated always check with your HBA or Tricare service center before getting any durable medical equipment. You can contact the TRACEN HBA Mrs. Kathryn Loveland, x2147, or the Tricare service center (TSC) at 1-800-931-9501. Visit Tricare on the web: <http://www.tricare.osd.mil/>



Fit Fact:

If you are trying to lose body fat, limit your intake of alcohol. Alcohol contains almost twice as many calories per gram as carbohydrates and protein. It also stimulates the brain's appetite center and increases the flow of gastric juices, making you feel hungrier than you really are, which often leads to overeating.



Langley Federal Credit Union recently presented TRACEN Yorktown MWR with a donation check of \$2000. Shown in the picture below (from left to right) are: CDR Larry White, Chief, Comptroller Division; CAPT Dennis Sande, Commanding Officer; Michelle Ledford, Langley Branch Manager; and Kim VonWald, Member Service Representative.



Good Order and Discipline:

The CO of TRACEN held mast on 25 February with the following results:

Accusation: Two Violations of Article 134, Restriction breaking.

Final Disposition: Restriction to TRACEN Yorktown for 30 days; 2 hours of extra duty per day for 30 days; and reduction to paygrade E-1.

CO, Student Personnel, held masts for A-school students. The results are outlined below:

Accusation #1: Violation of Article 111, Drunken or reckless operation of vehicle, aircraft, or vessel.

Final Disposition: Mast was held on 17FEB. Restriction to TRACEN Yorktown for 21 days; 2 hours of extra duty per day for 21 days; and forfeiture of \$500/month for 2 months; Member will receive his first documented alcohol incident; lose his on-base driving privileges for 1 year; and remain suspended in training.

Accusation #2: Violation Article 107, False official statement.

Final Disposition: Mast was held on 17FEB. Restriction to TRACEN Yorktown for 30 days; 2 hours of extra duty per day for 30 days; and reduction to paygrade E-2.

Accusation #3: Violation Article 112a, Wrongful use, possession, etc., of controlled substances.

Final Disposition: Mast was held on 24FEB. Restriction to TRACEN Yorktown for 45 days; 2 hours of extra duty per day for 45 days; forfeiture of \$450/month for 2 months; and reduction to paygrade E-1. Member was disenrolled from A-school and will be referred for screening.

Accusation #4: Violations of Article 111, Drunken or reckless operation of vehicle, aircraft or vessel, and Article 86, Absence without leave.

Final Disposition: Mast was held on 28FEB. Restriction to TRACEN Yorktown for 30 days; 2 hours of extra duty per day for 30 days; forfeiture of \$500/month for 2 months; and reduction to paygrade E-2 (suspended for 6 months). Member will lose his on-base driving privileges for 1 year and will receive a documented alcohol incident.



"Constantly reevaluate your lifetime plan. If you fail to plan, you may inadvertently be planning to fail."